

Plaistow Area Commerce Exchange

Volume 19, Issue 5

May-June 2011

NEWSLETTER

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P.A.C.E. 2011 CALENDAR

- **May 12, 2011 (Thursday);**
Time: 11:30 am; **Speaker:**
Dr. Manuel Sanchez of Inter-
ventional Spine Medicine;
Topic: New Strategies for
Managing Neck & Back Pain;
Place: Atkinson Country
Club
- **June 8, 2011 (Wednesday);**
Time: 5:30 pm-7:30 pm;
Place: Hawaiian Isle Restau-
rant, Plaistow, NH—Wear
your best Hawaiian outfit
contest. See Flyer on Page 8
- **September 8, 2011**
(Thursday); Time: 11:30
am; **Speaker:** Ollie Sheridan
of Adros Energy; **Topic:**
Geothermal, Solar Hot Wa-
ter, Solar Electric as well as
energy audits and weatheriza-
tion; **Place:** Atkinson Country
Club

**HAVE A WONDERFUL
SUMMER; SEE YOU IN
SEPTEMBER**
(isn't that a song?)

New Strategies for Managing Neck & Back Pain

What is **Interventional Spine Medicine** and what do you do? We are asked this all the time. Interventional Spine Medicine is a pain management practice committed to alleviating pain that impacts the quality of life of our patients. The people who come to ISM live every day in pain and have tried to manage pain with the help of their primary physician. What kinds of treatments do we offer our patients? In most cases pain alleviation can be accomplished by injection therapies (a minimally invasive alternative to surgical procedures), medication management, chiropractic care or surgical procedures. We also provide cutting-edge diagnostic procedures to pinpoint the source of the pain the patient is experiencing.

A Sample of Injection Therapy Procedures.

-Nerve Blocks: A nerve block involves the use of a local anesthetic such as lidocaine to numb the nerves believed to be triggering pain.

-Epidural Steroid Injections: An anti-inflammatory medicine (cortisone-like) is injected into the epidural space to decrease inflammation of the nerve roots and accelerate the healing process.

-Facet Joint Injections: When back or neck pain originates from the facet joints (located in the back of the vertebrae), a specific type of injection called a facet joint injection with local anesthetic and steroid may reduce inflammation and provide pain relief.

-Radiofrequency Lesioning (RFL): RFL involves delivery of radio -wave energy to a very small area of the nerve in order to interrupt the pain signal.

ISM is made up of a team of physicians with a breadth of experience in areas including Internal

Medicine and Anes-
thesiology. Inter-
ventional Spine
Medicine was
opened by Dr.
Asteghik Hacobian,
MD, Dr. Jan Slezak,
MD and myself in
2000. We opened
the practice with a
shared vision of
delivering a super-
ior level of care by



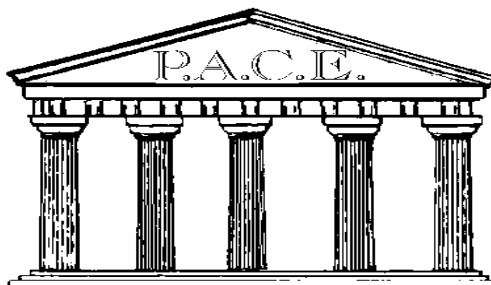
solely focusing on providing innovative, state of the art techniques for the alleviation of chronic pain. We at ISM pride ourselves on our compassionate, patient-focused approach to care. In contrast with other pain practices where physician assistants and nurse practitioners do spinal intervention procedures, **only our physicians who are board certified perform these delicate procedures with the increased safety that comes along with years of specialty training.**

Interventional Spine Medicine has 5 locations, including 95 Plaistow Road in Plaistow.

About Manuel G. Sanchez, M.D.

Through over 35 years of practice, Dr. Sanchez has tremendous experience in the management of all types of acute and chronic pain. He has participated in the development of the pain management science that has evolved over the years and brings that experience to the benefit of his patients and colleagues at ISM.

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enterprises in
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Hampstead
Kingston
Newton
Plaistow
Sandown



Prosperity
and
Strength
Through
Unity

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BOARD OF DIRECTORS
Board of Directors (2 year term)**Vincent Chestnut**

(Term expires 11/1/11)
Alpha Locksmith
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Christine Clarke Swift (11/1/11)

Board Advisor
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PRESIDENT'S MESSAGE

Happy Spring Greetings to everyone!

As you know, April 2nd we held our 22nd Annual PACE Auction. It was one of our most successful auctions that we have ever had! We raised over \$9500 – our largest amount yet! Thanks to all of you, who as members donated so generously – items for auction as well as cash donations and your time! The board cannot thank you enough for continually supporting this huge event that is our big fundraiser for our scholarship program. Because of your on-going generosity, we are able to give four \$1000 scholarships to very deserving students in our local community! THANK YOU!

Congratulations once again to our honoree for the evening, Bob Worden, who brought an entourage of supporters filling three tables! The community is fortunate to have someone like you, Bob, who continually is looking for ways to improve quality of life for everyone!

And I must say a big thank you to the board members for all of the work they did to pull this auction together! There is a lot of behind-the-scenes work (collecting donations, picking up donations, selling tickets, etc) that has been going on for months; and you all did a fabulous job. Lucy, we can't thank you enough for keeping us on-task, being so super organized and getting everything done that had to be done!



Thanks to you all for your continued support of P.A.C.E.; and I hope to see you at the next luncheon! Visit our website for more information about upcoming events:

www.pacenh.com! A fun Hawaiian-inspired after-hours is being planned; and we hope to see you all at that event in June! Check out the notice in this newsletter and watch the on-line calendar and emails from Lucy Duquette for more information!

Karen Keisling

Independent Mary Kay
Consultant
PACE – President 2010
603-475-2534

email:

karenkeisling@marykay.com

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www.marykay.com/karenkeisling

2011 PACE BUSINESS PERSON OF THE YEAR
BOB WORDEN
PINNACLE PHYSICAL THERAPY



A. Contributions to PACE

- 1. 10 year member
- 2. Annual contributor to Scholarship Fundraiser
- 3. Hosted last two end of the year mixers

CONGRATULATIONS!

B. Other service to communities served by PACE

- 1. Developed largest private practice physical therapy to greater Plaistow serving 10,000 patient visits annually
- 2. Brought Hand therapy to area
- 3. Supported message therapy
- 4. Supported podiatry development
- 5. Partnered Pinnacle Rehab Network that has 18 physical therapy practices - 9 in NH and has developed over 130 jobs to the region
- 6. Annual Food Pantry drive with \$75,000 over last 7 years
- 7. Originated Lions Scholarship to Camp Pride - Intercity Diabetic Youths
- 8. Brought PACE to the Food Drive with \$500 cash and \$2000 food donations in first year

C. Other information

- 1. NH American Physical Therapy Association.
- 2. Chairperson State Legislation for PT issues
- 3. Long time Youth Sports volunteer, several Boards of Direction for sports and sponsor of teams in Plaistow and Atkinson
- 4. **A great guy who is always there!**

“MEMBER SPOTLIGHT”



Call Vincent for all your lock and safe needs at 603-382-5680

Looking for a locksmith?

Since 1992 Alpha Locksmith has provided the kind of service that creates loyal customers. Specializing in residential and commercial applications, Alpha Locksmith has the expertise and desire to provide superior products and workmanship for your home and company.

One of the many benefits of working with Alpha Locksmith is the range of options we can provide for your particular security problem. Each facility is different, and one solution does not fit all applications.

Vincent Chestnut is past president of the Massachusetts Locksmith Association (2000, 2001) and has been awarded the Associated Locksmiths of America proficiency level of “Certified Registered Locksmith”. He is the current Secretary of the New Hampshire Locksmith Association, and continues to attend classes and workshops on new products and trends.

Vincent takes pride in providing his customers with quick, professional and friendly service. If you are looking for a quality professional locksmith that will treat you with respect and provides quality products and services, Alpha Locksmith is here to help you with all your lock and safe needs.



Good bye winter and HELLO
SPRING!

What a joy!



**“THANK YOU FOR
RENEWING YOUR
MEMBERSHIP”**

- Brookside Chapel & Funeral Home
- Insurance Solutions Corp.
- Larson Tax Services
- Merrimac Savings Bank
- Region 10 Community Support Services
- TD Bank
- The Sad Cafe
- Windham Jewelers



BUILD YOUR BUSINESS

For reservations to any PACE Meeting call P.A.C.E. (603) 382-3634 or email lucilleduquette@comcast.net or pace@pacenh.com
Note: You will be charged for your meal if you have registered but do not attend.

WELCOME “NEW MEMBERS”

- **Caroline Sharplin**
 The European School of Dance
 19 Little River Lane
 Atkinson, NH 03811
 603-362-2421
 csharplin@hotmail.com
 Ballet/Tap/Modern Dance—25 years of experience

ANNOUNCEMENT

Announcing the Center for Life Management at Core Physicians

The Center for Life Management (CLM), the area’s leading behavioral health care provider, is now providing services as part of the integrated treatment team at Core Physicians in Plaistow. According to Steve Arnault, CLM Vice President of Quality, Compliance and Integrated Care, “CLM and Core Physicians share the philosophy that treating the whole person through an integrated approach in the primary care setting provides the best outcomes for medical as well as behavioral health conditions. We are very pleased to join with Core in helping patients address the behavioral and lifestyle issues that go hand-in-hand with their medical and physical wellbeing.”

CLM clinician Susan Anderson, LMFT, will be on site at Core Physicians which is located at 24 Plaistow Road in Plaistow. An experienced therapist, Susan will be available to provide comprehensive behavioral health counseling for children, adults and families. CLM services at Core will focus on helping patients manage behavioral health concerns such as stress and anxiety, depression, smoking cessation, weight management, alcohol and substance use and other lifestyle issues that have a correlating impact on many medical conditions.

For more information about the Center for Life Management at Core Physicians, please call 603.382.4972



Philip Plante of People's United Bank. Great job as our "Auctioneer". Thank you!



Bob Worden of Pinnacle Physical Therapy accepts his Business Person of the Year Award from Karen Keisling, PACE President. Congratulations Bob!



Len & Jane Dichard enjoying the evening. Jane is a PACE Board Member. Thanks for all your help!



Let's see, did Cindy Carver get what she was bidding on. They seem to be having lots of fun. That's the point, isn't it?



Did everybody check in with Lucy and Jane Stewart.? Jane is a PACE Board Member and a great helper!



Here's Warren Gerety of Coastal States Wealth Advisors along with Nancy Carace of Pest End Exterminators. Warren is a former PACE President.



Is Jerry (Lucy's husband) talking to the AFLAC Duck? Do they look alike???



I wonder what Bob is thinking about. I love the look on his face.



Here's John Meserve from Merrimac Savings Bank with a friend. Are they discussing how much to bid on an item?

Thanks to each and every one of you who attended, donated and purchased items; this was our best PACE Auction ever. We made over \$9,500 and we couldn't have done it without you! Thank you for your generosity!

More photos on page 7. As always check out our website www.pacenh.com for more photos.

Congratulations to our Early Donation Winners, which were drawn at the March 10, 2011 PACE Meeting:

First Prize: One-half off membership dues (Interventional Spine Medicine)

Second Prize: Free Ad in the Newsletter (Sharon Burke of First Integrity Mortgage)

Third Prize: Free Lunch at a PACE Meeting (Andy Carace of Pest-End)



Here's some wonderful people bidding. Keep up the good work.



I think I see Jane Dudley, LMT and Barbara St. Jean both from Pinnacle Physical Therapy with some friends. Are they done bidding?



Look at the smiles on these folks. Sorry that I don't remember your names. But, I just love those smiles. They must have won something!



I know Mike Dorman from this table. I think he's sitting with some of "Bob's Babes".



Looking lively during the "Live" Auction.

Hope you all had a good time!

Here's Marion Donahue and her husband. Marion is a PACE Board Member. Thanks for your help.



**Date: Wednesday,
June 8, 2011**

Time: 5:30 – 7:30 p.m.



***PACE June 2011
Network Mixer
“HAWAIIAN STYLE”***

**A CHINESE BUFFET
WILL BE SERVED
ENJOY!**

***Hawaiian Isle
Restaurant
4 Plaistow Road
Plaistow, NH***

If you haven't been to a PACE Meeting, come on down and join in on the fun and networking opportunity. Everybody is welcome! You are urged to bring along your business cards to exchange.

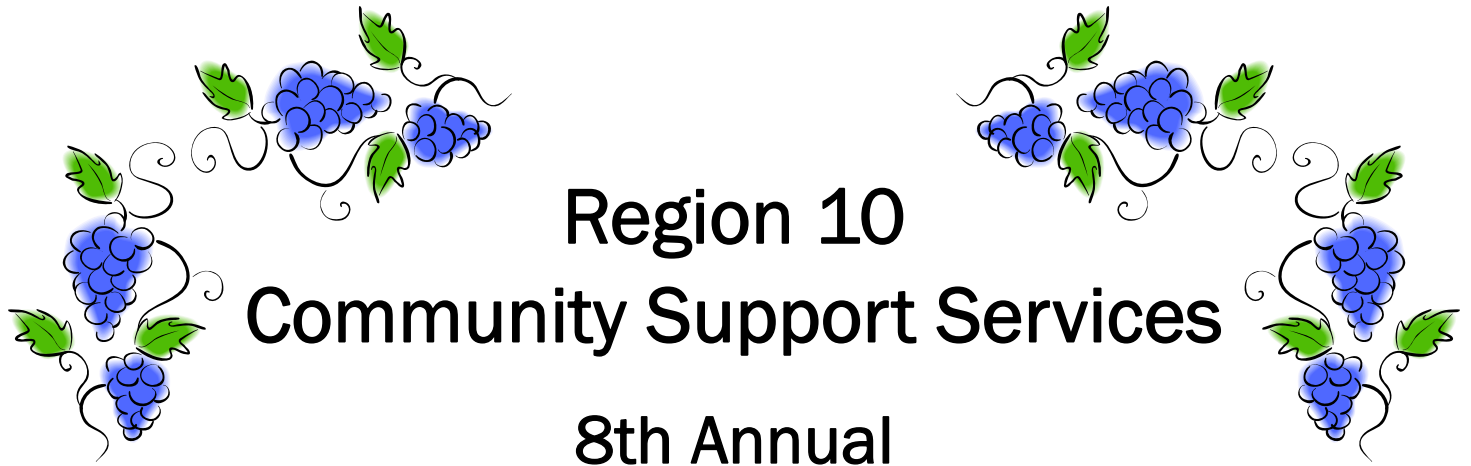
Cost is \$15 per person. Please RSVP if you plan to attend to 603-382-3634 or lucilleduquette@comcast.net

“Great Networking Opportunity”

**Date: Wednesday,
June 8, 2011; 5:30pm**

Wear your best Hawaiian outfit for a chance to win a prize.





**Region 10
Community Support Services**

8th Annual

Silent Auction

Friday, May 6, 2011

7:00 pm - 11:00 pm

ZORVINO VINEYARDS

226 Main St (Rte. 121A) Sandown, NH

Visit their website for directions at www.zorvino.com

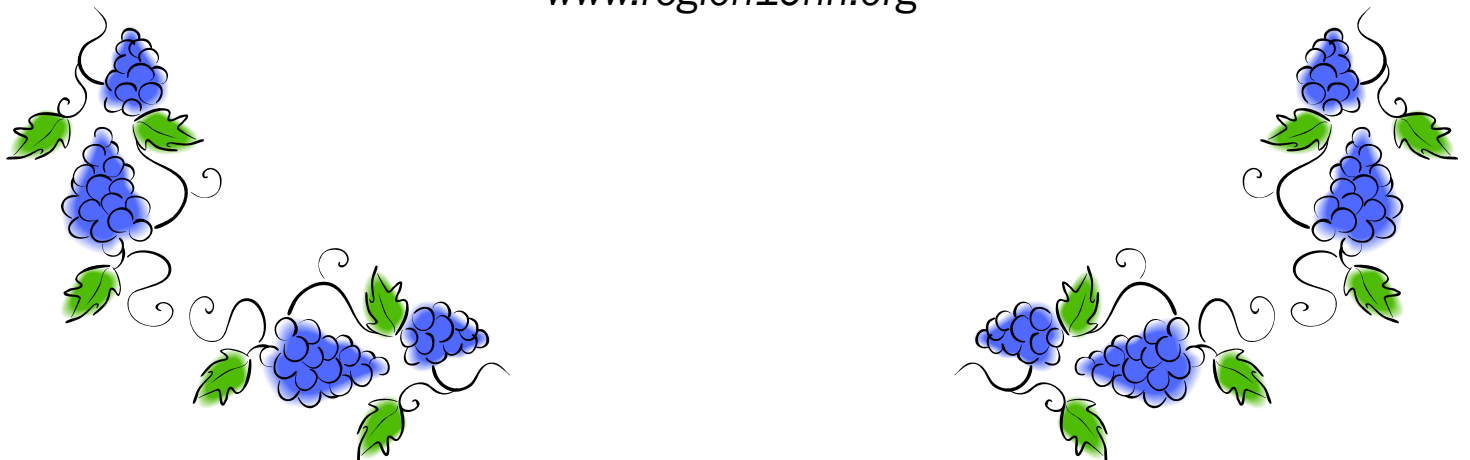
Get your Tickets Early

Admission is \$15.00 per person or \$20.00 at the door.

For further information, please call Region 10 at

603-893-1299 or visit our website at

www.region10nh.org



REGION 10 RAFFLE

Region 10 is now selling raffle tickets for the following:



**Win an all-inclusive
private dinner
at the Castle**

**Dinner for 6 — Searles Castle,
Windham, NH
\$1,500.00 Value!**

Raffle Tickets: \$20 each (only 100 tickets available)

This weekday evening private event includes castle rental, tax & gratuity:

- Cocktail Hour with Drinks and Hors D'Ouevres (in the library)
- Full Course Dinner with Wine (in the formal dining room)
- A Flaming Dessert (prepared tableside)
- Tour of Castle (available upon request)

(Dinner includes a choice of beef, chicken, or fish. Chef will design a menu around your selection.)

If you are interested in purchasing tickets, please contact Region 10 at 893-1299 or email at info@region10nh.org. The winner will be drawn at the 8th Annual Region 10 Silent Auction on May 6th at Zorvino's Vineyard, Sandown, NH. You don't need to be present to win, but we'd love to have you join us for a fun-filled evening! This is a great opportunity to have the castle for a night of fun and excitement for yourself, your family and/or friends! Get yours today!!!

**COASTAL STATE
WEALTH
ADVISORS**

1 Canterbury Forest
Plaistow, NH 03865
Phone (603)702-0120
wgerety@tag-ages.com

PRESS RELEASE

Contact: Warren Gerety **FOR IMMEDIATE**
Phone: (603) 702-0120 **RELEASE 9 A.M.**
EDT, March 28, 2011

Coastal States Wealth

Advisors Affiliates with

123College.com, Inc.

Plaistow, NH, March 7, 2011 —Warren Gerety, a former PACE President and principal of Coastal States Wealth Advisors has become affiliated with 123College.com, Inc of Deerfield, Florida. Gerety, an experienced banker and financial planner, will be assisting parents of college bound students in their college aid planning.

123College.com, Inc. has helped thousands of families over the past 17 years secure the best education at the lowest possible cost. They remain a prestigious Needs Analysis Servicer recognized by the United States Department of Education.

Free informational workshops will be held at various venues and educational institutions to provide valuable information to parents of sophomores, juniors and seniors in high school. In addition to these workshops, parents can also make an appointment for a personal consultation with Mr. Gerety by calling 603 702-0120.

Securities offered through Advisory Group Equity Services Ltd., 161 Ash Street, Reading, MA 01867 (781)942-5070 Member FINRA/SIPC. Advisory services offered by Trust Advisory Group, Ltd., a Registered Investment Advisor



Jennifer Goodsell of Goodsell Law (PACE Secretary) enjoys lunch with Susan Brusa of Reliv Nutrition who has rejoined PACE—welcome!



Laurie Ota of LPO Marketing Communications (former PACE Board Member) with Caroline Sharplin of The European School of Dance and a new PACE Member. Welcome!



Guests Mary Watson and Annette Hurman of The Sylvan Learning Center. Hope you enjoyed your PACE experience. Hope to see you again soon.



Anne Marie Skafas of The Atkinson Resort and Country Club. Glad you could join us!



Larry Faretta, CFP of Trust Advisory Group (former PACE Board Member) along with Ken Quinney of Pentucket Bank. We always like to see you two gentlemen!



Jennifer Selfridge, Coord. Of So. NH Coalition for Health Youth (former PACE Board Member) enjoying lunch with the Asst. Principal of the Hampstead Middle



PACE President, Karen Keisling. Karen is an Independent Beauty Consultant with Mary Kay Cosmetics.



A photo of some of the students of the Hampstead Middle School who gave a wonderful presentation about bullying. Great Job; everybody enjoyed listening to you.



Kelly Judson and Jane Dichard of Region 10 Community Support Services. Jane is a PACE Board Member.

VISIT OUR WEBSITE PACENH.COM TO SEE MORE PHOTOS

LOST IN LACONIA

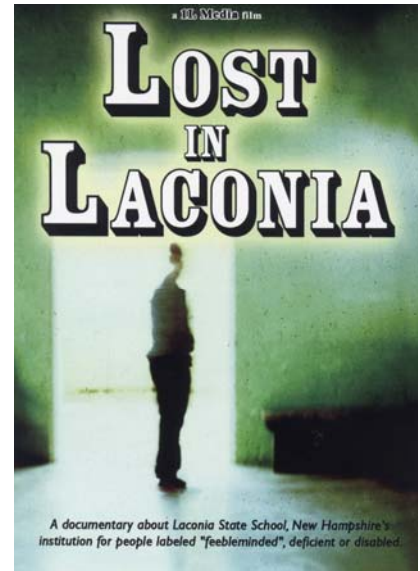
You are cordially invited to attend.....

May 4, 2011 ~ 7 p.m.

Timberlane Performing Arts Center

40 Greenough Road, Plaistow, NH

~~~ADMISSION IS FREE~~~



Region 10 Community Support Services proudly presents the documentary film created by Bil Rogers of 1LMedia and Gordon Dubois, Laconia State School historian.

Lost in Laconia chronicles the history of the Laconia State School from its beginnings in 1901 (as the NH School for the Feeble-minded) until its closure in 1991. It wasn't until the 1980's that questions surrounding the role of the school surfaced, and ultimately resulted in establishing services for people with developmental disabilities in their local communities. January 2011 marked the 20th anniversary of the closing of the institution.

Using archival footage, interviews with former residents and their families, and staff who worked at the institution, along with historical documents and news stories, Lost in Laconia examines the social values and cultural ideals of the 20th century.

Faced with the critical financial issues New Hampshire is experiencing, it is now more important than ever to remember that people with developmental disabilities have the right to be treated with dignity and respect and to continue to receive the vital services they need to be able to live in their communities with their family and friends.

We hope you will join representatives of Region 10 staff, Board, and Family Support Council on May 4th to view this important documentary film.

If you plan on attending, please RSVP to Sheila Prunier at 893-1299 or email her at: sprunier@region10nh.org

(For more information about the film and the Laconia State School History Project go to www.csni.org or call CSNI at 603-229-1982)

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